

# LESSON SELECTOR



## WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 months - 3 years  
**PARENT\* & CHILD:**  
Shrimp & Tadpole



3 years - 5 years  
**PRESCHOOL:**  
Pike, Eel, Ray, & Starfish



6 years - 12 years  
**SCHOOL AGE:**  
Polliwog, Guppy, Minnow, Fish, Flying Fish, & Shark



12+ years  
**TEEN & ADULT**



All age groups are taught the same skills but divided according to their developmental milestones.

## WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	<b>NOT YET</b>	Water Discovery	Ages 6 months-3 years	Shrimp
Is the student comfortable working with an instructor without a parent in the water?	<b>NOT YET</b>	Water Exploration	Ages 6 months-3 years	Tadpole
Will the student go underwater voluntarily?	<b>NOT YET</b>	Water Acclimation	Ages 3-5 Pike	Ages 6-12 Polliwog
Can the student do a front and back float on their own?	<b>NOT YET</b>	Water Movement	Ages 3-5 Eel	Ages 6-12 Guppy
Can the student swim 10-15 yards on their front and back?	<b>NOT YET</b>	Water Stamina	Ages 3-5 Ray	Ages 6-12 Minnow
Can the student swim 15 yards of front and back crawl?	<b>NOT YET</b>	Stroke Introduction	Ages 3-5 Starfish	Ages 6-12 Fish
Can the student swim front crawl, back crawl, and breaststroke across the pool?	<b>NOT YET</b>	Stroke Development		Ages 6-12 Flying Fish
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	<b>NOT YET</b>	Stroke Mechanics		Ages 6-12 Shark

\*At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.